

Senior Commission Minutes  
July 01, 2019

**MINUTES OF A REGULAR MEETING OF THE SENIOR COMMISSION OF THE  
CITY OF LOS ALTOS/TOWN OF LOS ALTOS HILLS, HELD ON  
MONDAY, JULY 01, 2019  
BEGINNING AT 3:30 P.M.  
Grant (Room 2)  
1575 Holt Ave., Los Altos, Ca 94024**

**ESTABLISH QUORUM**

PRESENT: Commissioners Basiji, Harding, O'Reilly, Nagao, Torbeck

ABSENT: Commissioner Buchholz, Commissioner Yu

**PLEDGE OF ALLEGIANCE**

Chair Harding led the Pledge of Allegiance.

**PUBLIC COMMENTS ON ITEMS NOT ON THE AGENDA**

Gary Hedden and Ellen Hu from Greentown came to discuss the idea of planting 500 trees within the Los Altos Community. Ellen is currently working on the timeline of where volunteers will be gathered and where the trees would be planted specifically. The Senior Commission was interested in where the trees would be planted. The Senior Commission also asked how they would acquire money to support this program. Greentown is going to apply for a Grant to support this project. Gary says that there are more details to come about this program, he just wanted to share a brief update.

Chair Janet Harding officially welcomed Commissioner Chris Nagao to the Senior Commission. This was her first official meeting. Commissioner Chris Nagao gave a brief introduction about herself and her involvement with the senior program that takes place at Grant Park on Wednesdays.

**ITEMS FOR CONSIDERATION/ACTION**

1. Approval of Minutes – June 03, 2019

Upon a motion by Chair Harding, seconded by Commissioner O'Reilly. 5 Commissioners approved the minutes of June 03, 2019.

**INFORMATION ITEMS**

2. Ride Share Suggestions Responses/Updated Description

Public Comment: None

Action: None

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### Discussion

Staff Liaison Bridget Matheson reported the answers to the Ride Share Suggestions Document that was discussed at the meeting that took place on June 03, 2019. There will be the following places added pertaining to rides, Mountain View Kaiser Hospital and the Veteran's Hospital in Palo Alto. One location that was left out, was the Palo Alto Medical Foundation. The Senior Commission felt that this location is another stop that should be included, because many of the seniors who live in Los Altos, do go to that site. Staff Liaison Bridget Matheson will double check to make sure this location can also be included. The changes to the program would take place after July 1<sup>st</sup>.

### 3. Update on Grant Community Center Projects

Public Comment: None

Action: None

#### Discussion:

Staff Liaison Bridget Matheson let the commission know that a new Tuft Shed is still not completed. It was supposed to be completed but there has been a delay. She is anticipating that it should be completed in the next few weeks. There have also been delays regarding the Gazebo that was supposed to be placed in the patio area between room 4 and the multi-purpose room. The Gazebo is currently on back order. The updated schedule for the Gazebo to be completed is between the next 2 to 3 weeks.

### 4. Update on Hillview Community Center Projects

Public Comment: None

Action: None

#### Discussion:

Staff Liaison Bridget Matheson did not have new information to share, but Councilmember Anita Enander let the commission know that there are currently 6 bids for the new community center. There will be a special meeting on July 30<sup>th</sup> to discuss these bids.

### 5. Receive information and announcements from City and Town Staff

#### Updates

#### Programs & Events

#### Los Altos Hills:

Basic Manners for Community Dogs began a new session June 19<sup>th</sup> at Hillview Park.

Fitness for Seniors – June was held Mondays and Wednesdays in the Council Chambers.

Bridge II began June 12<sup>th</sup> and continues on Wednesdays at 1:30pm in the Council Chambers.

#### Recent/Upcoming Senior Programs:

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Fitness for Seniors registration is open for July at [losaltoshills.ca.gov/201/Parks-and-Recreation](https://losaltoshills.ca.gov/201/Parks-and-Recreation) under online registration.

Free and open to all, Monthly Recreation Walk will be held Wednesday, July 3<sup>rd</sup> and meets at Town Hall.

Club 55 Friday , July 5<sup>th</sup> on the back patio at 169 State Street. Free Event.

Sound Healing & Gemstone Tea Party will be held Saturday, July 13<sup>th</sup> at iChakras – Zen Meditation Center beginning at 11:00 am. Free Event for Los Altos Hills Community. Tea must be purchased.

Stay Active, Stay Safe, Stay for Lunch

TOPIC: Fall Prevention - Thursday, August 15<sup>th</sup> from 10am – 12:30pm at Town Hall, 26379 Fremont Road. This is a free event with Lunch Provided. RSVP Required visit: [losaltoshills.ca.gov/201/Parks-and-Recreation](https://losaltoshills.ca.gov/201/Parks-and-Recreation) and open Stay Active, Stay Safe, Stay for Lunch.

New Senior Programming Fall-Winter Activity Guide Proposals for your consideration:

- Pathways Home Health and Hospice presentation on Advanced Care Planning, Assisted Living and end of Life Care (Free Workshop)
- Edward Jones presenting Focus on Fixed Income (Free Workshop)
- Sourcewise presentation on Medicare Enrollment and FAQs. (Free Workshop)

4<sup>th</sup> of July Parade will gather at Town Hall starting at 9:30 am. We will parade down Fremont Road and conclude at Gardner Bullis School where you can meet your friends and neighbors for a refreshing beverage and a juicy watermelon treat! Please, no fossil fueled vehicles or horses. For more information contact Sarah Robustelli 650-947-2518 or [srobustelli@losaltoshills.ca.gov](mailto:srobustelli@losaltoshills.ca.gov).

Come out and cheer on your team for the Los Altos Hills vs. Los Altos Adult Softball Game at Rosita Park on Saturday, August 17 from 1:00-3:00 pm.

### City of Los Altos

Glorious 4th

The City of Los Altos Recreation and Community Services would like to invite you to the annual Glorious 4<sup>TH</sup> event that will be taking place on Thursday, July 04, 2019 at 10:00am. This event will be taking place at Shoup Park. There will be plenty of food, music, kid's games and more!

The City of Los Altos Summer Concert Series has been announced! The concerts will be rotating from Grant and Rosita Parks. The concerts will be taking place on Thursdays from 6:30pm to 8:00pm. The Peninsula Symphony is the only concert taking place on a Saturday. Visit the Cities website for more information!

July 11<sup>th</sup>

California Cowboys (Country)

Grant Park

July 18<sup>th</sup>

Dirty Cello (Blues/Bluegrass)

Rosita Park

July 25<sup>th</sup>

Megatonnes (Rock/Blues/Pop/Motown)

Grant Park

August 1<sup>st</sup>

Petty Theft (Tom Petty Tribute Band)

Rosita Park

August 8<sup>th</sup>

Lucinda Belle (British Jazz Sensation)

Grant Park

Learn more about our Summer Concert Series at:

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<https://www.losaltosca.gov/recreation/page/summer-concert-series-14>

**COMMISSIONERS' REPORTS AND COMENTS**

Community Center Subcommittee

Action -None

Outreach Subcommittee

Action- None

Chair Harding mentioned the importance of staff and volunteers wearing their name badges during the Senior Program. This helps the participants know who everyone is. Chair Harding also mentioned a potential speaker for the Wednesday program, the author Sara Hart "The upside of Down Sizing". The important point is that she is not trying to sell her book but speaking about the concept of the book instead. The Senior Center Staff and Volunteers will need to check on the current program schedule, to see if this potential speaker can be added.

Commissioner Torbeck mentioned that there needs to be more copies of the Spotlight in the main Recreation Administration Office that is currently housed at Hillview.

Transportation Subcommittee

Action- None

Discussed the Ride Share Program earlier.

Housing

Action- None

Health and Safety Committee

Action- None

Age Friendly Subcommittee

Action-None

Online Resource Library Subcommittee

Action- None

**POTENTIAL FUTURE AGENDA ITEMS:**

**ADJOURNMENT** – Chair Harding adjourned the meeting at 4:35pm